



Hot Weather Tips

Heat illness includes a range of disorders that result when your body is exposed to more heat than it can handle. Heat-related illness can affect anyone not used to hot weather, especially when it's combined with high humidity.

Those at risk:

- Infants, young children, elderly and pets
 - Individuals with heart or circulatory problems or other long-term illnesses
 - Those working in the heat
 - Athletes and those beginning to exercise
 - Individuals taking medications that alter sweat production
 - Alcoholics and drug abusers
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Heatstroke – is the most serious and life-threatening heat-related illness. In certain circumstances, your body can build up too much heat, your temperature may rise to life-threatening levels, and you can become delirious or lose consciousness. If you do not rid your body of excess heat fast enough, it “cooks” the brain and other vital organs. It is often fatal, and those who do survive may have permanent damage to their vital organs.

Symptoms:

- Victim's body feels extremely hot when touched.
- Altered mental status/behavior ranging from slight confusion or disorientation to coma.
- Conscious victims usually become irrational, agitated or even aggressive and may have seizures.
- In heatstroke, the victim can go into coma in less than one hour. The longer the coma lasts, the lower the chance for survival.

What to do:

- Move person to a seated position in the shade.
 - Call for emergency medical help immediately.
 - If humidity is below 75% spray victim with water and fan vigorously. If humidity is above 75%, apply ice packs on neck, armpits and groin.
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Heat Exhaustion – is characterized by heavy perspiration with normal or slightly above normal body temperatures, causing water or salt depletion or both (severe dehydration). It affects workers and athletes who do not drink enough fluids while working or exercising in hot environments.

Symptoms:

- Severe thirst, fatigue, headache, nausea, vomiting or sometimes diarrhea.
- The victim often mistakenly believes he/she has the flu.

- Uncontrolled heat exhaustion can evolve into heatstroke.
- Profuse sweating, clammy pale skin, dizziness, rapid pulse, normal or slightly above normal body temperatures.

What to do:

- Sit or lie down in the shade.
 - Drink cool water or a sports drink.
 - If persistent, gently apply wet towels and call for emergency medical help.
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Heat Cramps – are painful muscular spasms that happen suddenly affecting legs or abdominal muscles. Heat cramps usually occur after physical activity in people who sweat a lot or have not had enough fluids.

What to do:

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.



Sun and Heat Exposure

During late spring and summer many people like to spend time outside in the sun for fun or work. However, overexposure to the sun can damage the skin and could lead to skin cancer. Heat stroke, heat exhaustion, heat cramps and heat rash are possible when you become overexerted in the heat. Put your health first in order to enjoy the summer!

- Wear a wide-brimmed hat to keep your head and face cool. This will also provide added protection from damaging sun exposure. Baseball caps provide little protection except to the face. A hat should protect the neck, face and ears.
- Wear a long-sleeved shirt at all times. It should be light colored and loose fitting except when working around machinery.
- Carry a source of water with you. Take drinks frequently – every 15 minutes.
- Take frequent breaks in the shade or in a cool environment during the hottest times of the day.
- Adjust gradually to working in the heat over a period of 10-20 days.

- Someone suffering from heat exhaustion or heat stroke should be moved to a cool environment, offer sips of water, if conscious. If necessary, provide with attention from emergency medical personnel.
- Wear sunscreen that has an SPF of at least 30. Make sure children are also adequately protected.

Edited from Source: James Maskil, Momentive Performance Products